

Alton Parks and Recreation: Creating Community Through People, Parks and Programs

## ALTON WINTER BASEBALL CLINIC

### 2009-2010 REGISTRATION FORM; Grades 6-8

FREE, Register by December 1, 2009

Alton Parks and Recreation, P.O. Box 659, Alton, NH 03809

Phone: 875-0109 \* Fax- 875-0242 \* E-mail: parksrec@alton.nh.gov



### Player Information

Player's Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Sex \_\_\_\_\_  
Address \_\_\_\_\_ Grade Enrolled \_\_\_\_\_

### Parent or Legal Guardian Information

Mother's Name \_\_\_\_\_ Home Phone \_\_\_\_\_ Work/Cell \_\_\_\_\_  
Father's Name \_\_\_\_\_ Home Phone \_\_\_\_\_ Work/Cell \_\_\_\_\_  
E-mail Contact (to let you know about baseball communication from coach) \_\_\_\_\_  
Person to notify in emergency \_\_\_\_\_ Telephone \_\_\_\_\_  
Doctor to notify in emergency \_\_\_\_\_ Telephone \_\_\_\_\_

**\*\*Please list allergies/limitations/medications:** \_\_\_\_\_

### PLEASE READ AND SIGN BELOW

## WAIVER AND RELEASE OF LIABILITY

Participation in the Winter Baseball Clinic may involve risk of injury including but not limited to sprains, bruises, torn muscles, broken bones, eye and head injuries. As a parent or guardian I attest and verify that I have full knowledge of the risks involved and that my child is physically fit to participate in the Winter Baseball Clinic. I hereby for myself, my heirs, executors and administrators waive and release all rights and claims against the Town of Alton, its officers, agents, employees and volunteers, except in the case of their sole negligence, from all losses, injury, damages, fees and other expenses arising out of or in connection with participation in the Baseball Clinic. In addition, I give permission for my child to be treated by qualified medical personnel in the event that I can not be reached at the phone numbers provided.

Name \_\_\_\_\_

Parent or Legal Guardian (Please Print)

X Signature \_\_\_\_\_ Date \_\_\_\_\_



## RECREATION BASKETBALL PROGRAM



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**875-0109; Season Schedule: December 2009-February 2010**

**Alton Central School Gymnasium; PMHS Gymnasium**

### **BENEFITS of recreational play and being on a team:**

- **Learning life skills \* Exercise \* Building stronger minds and bodies**
- **Meet new friends \* Developing problem solving skills \* Being Happy**
- **Getting off the couch \* Family bonding \* Making forever memories**
- **Having Fun \* Developing Self-Esteem \* Laughing \* Being a Kid**

**Please Note:** Due to limited gym availability for weekday practices in conjunction with the welcoming philosophy of the Parks and Recreation Department program to accept all players who register before the November 24, 2009 deadline we are anticipating large teams for the basketball program. Our coaches will try their best to insure that all players are able to play equal time in the games over the season. We appreciate your understanding, as we face this limited gym space challenge together, in an effort to provide a great basketball program experience for our community.

**Grade 1+2- Co-Ed team-** Instructional play with the following components: drills, shooting, dribbling, positioning and passing. Focus on fun and teamwork. One 60-minute practice a week and a game on Saturdays. Players will travel to Gilmanton, New Durham and possibly Wakefield for games.



**Grade 3+4- Boys or Girls-** Instructional play with the following components: drills, shooting, dribbling, passing, conditioning, positioning and team scrimmages. Focus on fun and teamwork. One 60 minute practice a week and a game on Saturdays. Players will travel to Gilmanton, New Durham and Wakefield for games.

**Grade 5+6 Boys or Girls-** Instructional play with the following components: drills, shooting, dribbling, passing, conditioning, positioning and team scrimmages. Focus on fun and teamwork. One 60 minute practice a week and a game on Saturdays. Players will travel to Gilmanton, New Durham and Wakefield for games.

### **General Information:**

To register please fill out the registration form on the opposite side of this paper and return form with payment to Alton Parks and Recreation Department, a 24-hour drop slot is available at A.V.A.S. Public Park or mail to

P.O. Box 659, Alton. Registration fee is \$30.00 before November 24, 2009, payable to Town of Alton. After November 24, 2009 fee is \$50.00 and player is placed on waiting list.

**Equipment needed:**

Players will need sneakers with tie laces and cotton socks, black shorts, a water bottle and youth basketball. Mouth guards are recommended and safety glasses or glass guards if your child wears glasses. All coaches and parents will be issued a code of ethics document and will be asked to read and administer them throughout the season.